

**ABSTRACT**

A system and method for optimizing packet length in a telephony-over-LAN (ToL) network (101). A threshold of packet length as a fraction of jitter buffer size is established. When call setup is undertaken, endpoints such as client terminals (102A, 102B) check the packet sizes against the threshold. If the packet sizes are at or below the threshold, the packet sizes are adjusted upwards. If they are already above the threshold, the packet sizes are left alone. Optimizing packet length using this threshold minimizes the consumption of unnecessary processing power at the endpoints and switching entities, as well as unnecessary network traffic due to excess overhead, that would otherwise occur when the jitter buffers are longer than the packet sizes.

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